

# Living in the Future (LIFE) Cancer Survivorship Program

Taking Care of Yourself | Kellogg Cancer Center

While you may just be starting treatment, your goal is to complete treatment and be able to embrace your return to a joyful, rewarding life.

At NorthShore, we know that the end of treatment is not the end of the cancer experience. With progress in treating cancer comes a new and unique challenge—ensuring the long-term health of the nearly 18 million cancer survivors in the United States. That is why we have the Myra Rubenstein Weis Living in the Future (LIFE) Cancer Survivorship Program.

## About LIFE

LIFE is NorthShore's Cancer Survivorship Program, designed to create a bridge for continued care of post-treatment cancer survivors back to their communities, their families and the primary care setting. LIFE was uniquely designed by its program director Carol A. Rosenberg MD, FACP, Director of Preventive Health Initiatives for NorthShore, to adhere to the guidelines proposed by the National Academy of Medicine and the Commission on Cancer. The LIFE Program, implemented in part through a Livestrong Foundation Community Cancer Survivorship Program Grant, is the first program of its type in the Northern Lake/Cook County area.

The LIFE Program features an initial visit where treatment is risk-adapted by a specialized advanced practice oncology nurse in the Kellogg Cancer Centers. This visit features a customized Survivorship Care Plan, which is tailored to each cancer survivor as a unique individual and includes education regarding cancer diagnostic and treatment summary, follow-up and medical surveillance guidelines, long-term and late effects of the cancer treatments, healthy lifestyle practice recommendations, and directed navigation to health professional services and survivorship resources.

## Survivorship 101

An important aspect of the LIFE Program is the Myra Rubenstein Weis Survivorship 101 Seminar: Thrivership! This educational workshop and resource series is available to all in the community at large and is free of charge. It covers major topics of cancer survivorship and promotes the acquisition of skills to understand, select and navigate community-based survivor resources. The topics in the series—including nutrition, fitness, self-esteem, sexual intimacy, cognitive function, genetics, insurance and employment—focus on the survivorship perspective. Programs are held at NorthShore Hospitals and the Cancer Wellness Center in Northbrook.

Please call **(847) 926-5818** or visit **northshore.org/LIFE** for more information about our program.